Lent 2026 CALENDAR

Daily At-Home Lenten Activities for Families

FEBRUARY

SUN 15

MON 16

TUE 17

ASH WEDNESDAY 18

"Even now, says the Lord, return to me with your whole heart."
Jl 2:12

Write your Lenten intentions on paper hearts and place them in a bowl or basket so you will be reminded each day to turn to God.

THU 19

"But when you pray, go to your inner room, close the door, and pray to your Father in secret."
Mt 6:6

Seek out quiet times and places for prayer each day during Lent. Set up a comfortable prayer space in your home. Add a prayer notebook to draw and write prayers in.

FRI 20

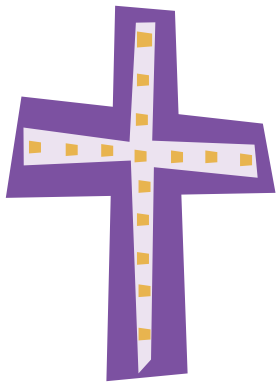
"If you bestow your bread on the hungry and satisfy the afflicted, Then light shall rise for you in the darkness."
Is 58:10

Shop for food items to donate to a parish or community food bank in order to assist those in need.

SAT 21

"Teach me your way, O Lord, that I may walk in your truth."
Ps 86:11

Go for a walk together in a park or other place of beauty. Pay attention to signs of God's creation all around you.



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Lent 2026

Daily At-Home Lenten Activities for Families

FEBRUARY

SUN 22

"The Spirit drove Jesus out into the desert, and he remained in the desert for forty days." Mk 1:12

The season of Lent lasts for forty days. Use this or another calendar to count how many 40 days is with younger children. Consider how you will use this time to pray, to ask God for his forgiveness, and to help those in need.

MON 23

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." Mt 25:40

Look for ways to treat each person you encounter today as you would treat Jesus.

TUE 24

"This is how you are to pray: Our Father who art in heaven, hallowed be thy name." Mt 6:9

Offer an Our Father together. Pray it slowly and pay attention to each word and phrase.

WED 25

"A clean heart create for me, O God, and a steadfast spirit renew within me." Ps 51:12

Be aware of your words and actions today. How can you make each one more loving and kind?

THU 26

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." Mt 7:7

What does your family need to be happy and holy? Offer a prayer together and bring those needs to God.

FRI 27

"Go first and be reconciled with your brother, and then come offer your gift." Mt 5:24

Talk about any ways in which your family menbers need to forgive and reconcile with one another. Offer words of forgiveness to one another.

SAT 28

"But I say to you, love your enemies, and pray for those who persecute you." Mt 5:44

Make an effort to be kind and patient today with someone who is difficult to love.

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Lent 2026

Daily At-Home Lenten Activities for Families

MARCH

SUN 1

"This is my beloved Son. Listen to him." Mk 9:7

How can you listen more carefully to the way Jesus asks you to follow him this week?

MON 2

"Jesus said to him, 'Rise, take up your mat, and walk. Immediately the man became well, took up his mat, and walked." Jn 5:8-9

Offer a family prayer for all of those who need healing. Look for ways to bring God's merciful love to others.

TUE 3

"The greatest among you must be your servant." Mt 23:11

Look for an opportunity to serve someone else today. Do a chore without being asked. Pick up after someone else. Whatever you choose, do it with love.

WED 4

"Pray without ceasing." 1 Th 5:17

Discuss as a family how you can follow Saint Paul's command. How will you keep Jesus in your minds and hearts each day of the Lenten season and always?

THU 5

"But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God." Jn 3:21

Thank someone today who has been the light of Christ for you.

FRI 6

"God so loved the world that he gave his only-begotten Son; so that everyone who believes in him might have eternal life." Jn 3:16

Share the Good News of Jesus with someone else today. Make it happen!

SAT 7

"Yet I, like a trusting lamb led to slaughter, had not realized that they were hatching plots against me." Jer 11:19

Pray the Stations of the Cross together and thank Jesus for offering his life for us.

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Lent 2026

Daily At-Home Lenten Activities for Families

MARCH

SUN 8

"Let the one among you who is without sin be the first to throw a stone at her." Jn 8:7

Be careful of throwing stones at people through unkind words. Think carefully before you speak to make sure your words are filled with kindness and caring.

MON 9

"As the deer longs for streams of water, so my soul longs for you, my God." Ps 42:2

Pray today for families and nations who long for peace. Make an effort to practice peace through your words and actions.

TUE 10

"The Lord is good to all and compassionate toward all his works." Ps 145:9

Practice compassion today by following the example of Jesus. Listen carefully to others and look for ways to share your love with them.

WED 11

"Whoever obeys and teaches these commandments will be called greatest in the Kingdom of heaven." Mt 5:19

The greatest Commandment teaches us to love God and to love one another as we love ourselves. Talk about ways you are keeping this commandment in your home.

THU 12

"The Lord is close to the brokenhearted." Ps 34:19

Name some of the "brokenhearted" people in the world. Offer a prayer for their comfort and consolation.

FRI 13

"I will place my law within them and write it upon their hearts; I will be their God, and they shall be my people." Jer 31:33

Talk about ways in which God has blessed your family. How will you live as God's people this week?

SAT 14

"For everyone who exalts himself will be humbled and the one who humbles himself will be exalted." Lk 18:14

Offer to help someone today without expecting anything in return.

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Lent 2026

Daily At-Home Lenten Activities for Families

MARCH

SUN 15

"Rejoice in the Lord always." Ph 4:4

Today is Laetare, or Rejoice, Sunday. Reflect as a family on the joy that the Easter season will soon bring.

MON 16

"You changed my mourning into dancing; O Lord, my God, forever will I give you thanks." Ps 30:12

Send a card offering cheer and comfort to someone who is sad or lonely.

TUE 17

"In the name of the Father, and of the Son, and of the holy Spirit" Mt 28:19

Today is the feast day of Saint Patrick who taught about the Blessed Trinity. Pray the Sign of the Cross together.

WED 18

"And lying at his door was a poor man named Lazarus." Lk 16:20

Read the parable of the rich man and Lazarus (Luke 16:19-31). Decide on a way your family can reach out to someone who needs comfort and healing.

THU 19

"Jacob was the father of Joseph, the husband of Mary. Of her was born Jesus who is called the Christ." Mt 1:16

Today is the feast of Saint Joseph, who cared for Mary and Jesus. Ask Saint Joseph to pray for your family and to help you care for one another. Wear red today to honor him!

FRI 20

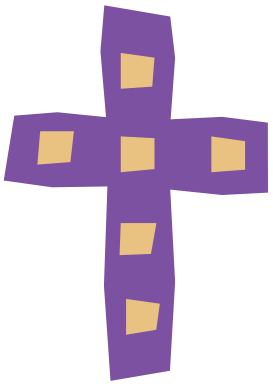
"Father, I have sinned against heaven and against you; I no longer deserve to be called your son." Lk 15:21

Check your parish bulletin for dates and times of a Lenten Reconciliation service. Make plans to attend, in person or virtually.

SAT 21

"Mary took a liter of costly perfumed oil made from genuine aromatic nard and anointed the feet of Jesus and dried them with her hair." Jn 12:3

Mary of Bethany shared something precious with Jesus. What will you give to others this week that shows your love for Jesus?



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Lent 2026

Daily At-Home Lenten Activities for Families

MARCH

SUN 22

Forgive and you will be forgiven." Lk 6:37

Ask God to show you how to forgive and to ask for forgiveness from others. Pray an Act of Contrition.

MON 23

"Walk in all the ways that I command you, so that you may prosper." Jer 7:23

Make each step you take today one filled with love and consideration of others.

TUE 24

"I am the light of the world, says the Lord; whoever follows me will have the light of life." Jn 8:12

Have an adult family member light a candle. Together, watch its warm glow. How can you let the light of Jesus guide you today?

WED 25

"Mary said, 'Behold, I am the handmaid of the Lord. May it be done to me according to your word.'" Lk 1:38

Today is the Solemnity of the Annunciation of the Lord. Offer a Hail Mary together and look to Mary as a model of faith.

THU 26

"You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." Mk 12:30

Share ways in which your family members show love for God with your minds, hearts, souls, and bodies.

FRI 27

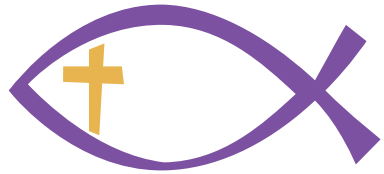
"And many there began to believe in him." Jn 10:42

Take out the intentions you wrote at the beginning of Lent and reread them. How has your faith in Jesus been strengthened during this holy season?

SAT 28

"Stop making my Father's house a marketplace." Jn 2:16

Talk about ways you can show respect when you are in church.



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Lent 2026

Daily At-Home Lenten Activities for Families

MARCH AND APRIL

PALM SUNDAY 29

"Those preceding him as well as those following kept crying out, 'Hosanna. Blessed is he who comes in the name of the Lord.'" Mk 11:9

Place palm branches in a place where they will remind you to give praise to Jesus Christ each day this week.

MON 30

"Look to the Lord in his strength; seek to serve him constantly." Ps 105:4

What tests your strength as a family? Consider how you can turn your anxieties over to God and serve him through your faith and trust.

TUE 31

"Amen, amen, I say to you, one of you will betray me." Jn 13:21

Reflect today on those times when you have betrayed Jesus by turning away from his call to love and forgive others. Ask for his help in being faithful disciples.

WED 1

"For the Lord hears the poor, and his own who are in bonds he spurns not." Ps 69:34

Lend your ear to someone who is poor in spirit today. Show your care and concern by listening with love and attentiveness.

HOLY THURSDAY 2

"Then he poured water into a basin and began to wash the disciples' feet and dry them with the towel around his waist." Jn 13:5

Perform an act of service today for someone in your home or neighborhood. Do so with a generous and loving heart.

GOOD FRIDAY 3

"And bowing his head, he handed over the spirit." Jn 19:30

Place a crucifix or cross in the place where your family gathers for prayer. Take turns holding it and offering a prayer for all of those who are suffering today.

HOLY SATURDAY 4

"If, then, we have died with Christ, we believe that we shall also live with him." Rom 6:8

Offer a prayer for all of those who will find new life in Christ as they are baptized at the Easter Vigil tonight.

EASTER SUNDAY 5

"For they did not yet understand the Scripture that he had to rise from the dead." Jn 20:9

While our Lenten journey has come to an end, the Easter season has just begun! Look ahead to the next seven weeks and how you will continue to reflect and rejoice in the Good News of the Resurrection.

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